



BREAKTHROUGH SESSION

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Sometimes one insight changes everything.

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MORE THAN VIDEO ANALYSIS.

FIND WHAT'S REALLY HOLDING YOU BACK.

When something isn't working, the obvious response is often to practise it more.

But more practice doesn't necessarily solve the problem.

What you see going wrong may only be the symptom. The thing creating it may sit somewhere else entirely – in the movement, timing, position, connection, decision or understanding underneath it.

A Breakthrough Session uses your paddling as evidence to look beyond the obvious and identify what deserves attention.

THE DIFFERENCE

DON'T TRY TO FIX EVERYTHING. FIND WHAT MATTERS MOST.

There will nearly always be several things we could change.

The skill is deciding which one is most likely to make a meaningful difference.

My job isn't to give you a long list of faults. It's to understand what you're trying to achieve, diagnose what's getting in the way and reduce the complexity to a clear direction you can take back onto the water.

OBSERVE

DIAGNOSE

PRIORITISE

**THE BIGGEST IMPROVEMENTS RARELY
COME FROM DOING MORE.**

THEY COME FROM DOING THE RIGHT THING.

THE DIAGNOSIS

FROM WHAT WE SEE TO WHAT REALLY MATTERS.

Your video gives us somewhere to start. But the purpose isn't simply to analyse the footage or identify everything that could be better.

We're trying to understand why the performance looks the way it does — and which change has the greatest potential to move it forward.

01

**OBSERVE****WHAT IS ACTUALLY HAPPENING?**

We start with what we can genuinely see rather than what either of us assumes the problem is.

I'll look at the movement, the outcome and the relationships underneath it — building as accurate a picture as possible of what is happening.

START WITH THE EVIDENCE.

02

**REVEAL****WHAT SITS UNDERNEATH IT?**

Now we explore why we're seeing what we're seeing.

The visible problem isn't necessarily the cause. We look underneath it for the movement, timing, position, connection, decision or understanding that may be influencing the performance.

LOOK BEYOND THE SYMPTOM.

03

**SIMPLIFY****WHAT MATTERS MOST?**

Analysis can produce lots of information. That doesn't mean all of it deserves your attention.

We separate what's interesting from what's important and identify the one thing — or small number of things — most likely to unlock progress.

REDUCE COMPLEXITY TO CLARITY.

04

**APPLY****WHAT DO YOU DO NEXT?**

A useful diagnosis has to change what happens when you get back on the water. We'll turn what we've discovered into something you can explore in practice — giving you a clear priority, an understanding of why it matters and a direction for what comes next.

TAKE THE INSIGHT BACK INTO YOUR PADDLING.

WHAT YOU LEAVE WITH**CLARITY**

What's really happening.

**PRIORITY**

What matters most.

**UNDERSTANDING**

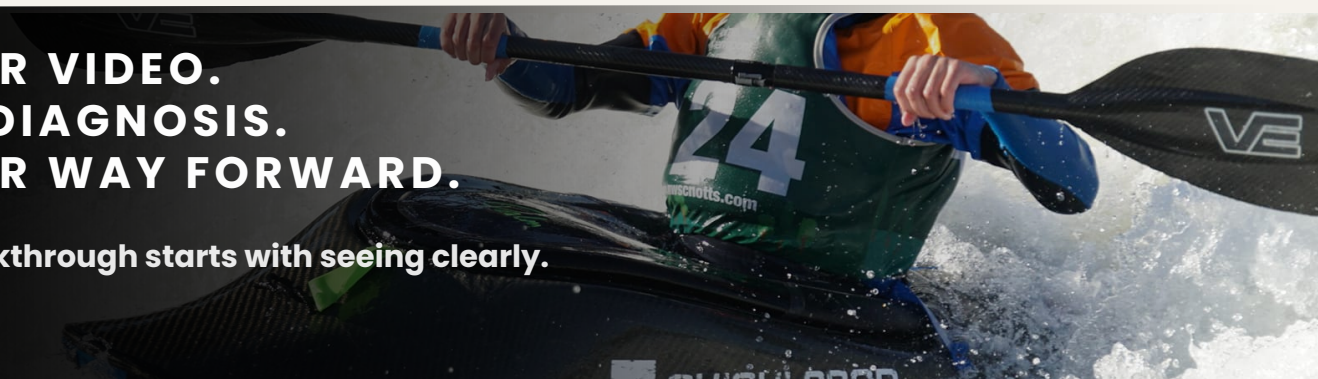
Why it matters.

**DIRECTION**

What to do next.

**YOUR VIDEO.
MY DIAGNOSIS.
YOUR WAY FORWARD.**

A breakthrough starts with seeing clearly.



ONE PROBLEM. ONE FOCUSED INTERVENTION.

A Breakthrough Session isn't ongoing coaching and it isn't a complete review of your performance.

It creates a concentrated piece of work around something that matters to you now.

HOW IT WORKS



YOUR QUESTION

WHAT ARE YOU TRYING TO CHANGE?

You bring the issue, movement or performance question that's occupying your attention and explain what you're trying to achieve.



YOUR FOOTAGE

LET ME SEE THE PADDLING.

You send video that allows me to study what's actually happening rather than relying only on how the problem feels from inside the boat.



MY ANALYSIS

I LOOK BENEATH THE OBVIOUS.

I'll work through the footage, exploring the movement and the factors underneath it before deciding what deserves our attention.



OUR CONVERSATION

WE MAKE SENSE OF IT TOGETHER.

We'll talk through what I've seen, your experience of the problem and the reasoning behind the diagnosis — giving you the opportunity to question and explore it.



YOUR PRIORITY

LEAVE WITH ONE CLEAR DIRECTION.

Rather than leaving with a list of corrections, you'll leave with a clear priority for your next period of practice — and an understanding of why.



YOUR NEXT WORK

TAKE IT BACK TO THE WATER.

The session finishes with a clear direction for practice — something you can experiment with, observe and continue developing.

A FOCUSED INTERVENTION

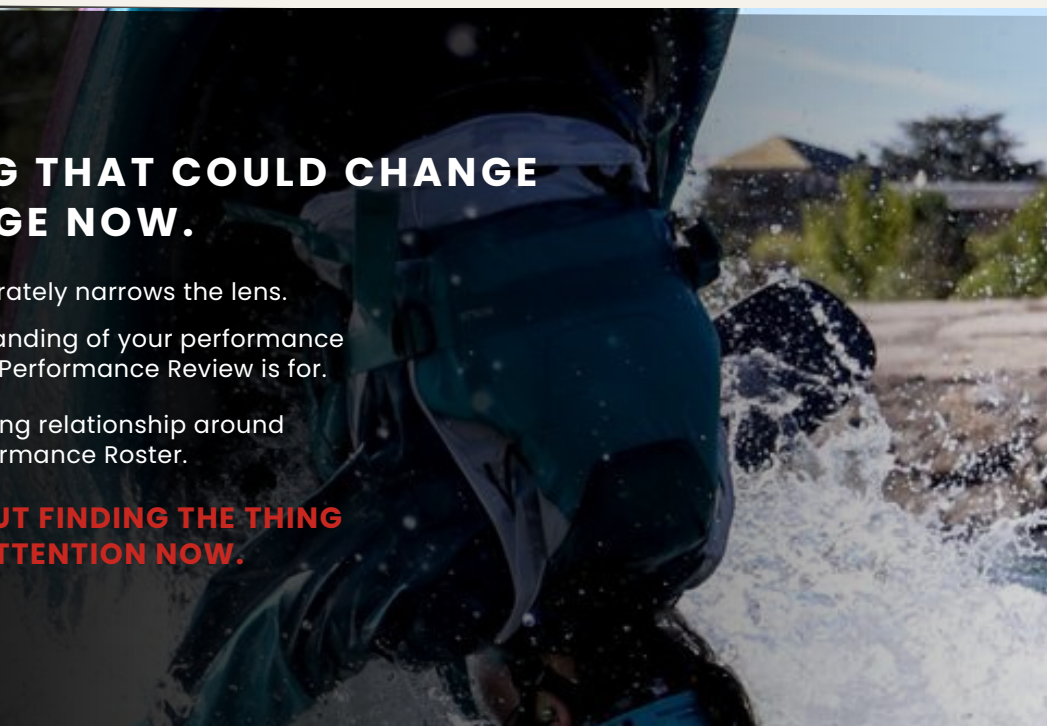
NOT EVERYTHING THAT COULD CHANGE NEEDS TO CHANGE NOW.

A Breakthrough Session deliberately narrows the lens.

If you need a broader understanding of your performance and development, that's what Performance Review is for.

If you need an ongoing coaching relationship around your development, that's Performance Roster.

**BREAKTHROUGH IS ABOUT FINDING THE THING
THAT DESERVES YOUR ATTENTION NOW.**



THE PERSON

FOUR DECADES OF SEEING PERFORMANCE DIFFERENTLY.

Performance Breakthrough Sessions are led by Andrew 'Jacko' Jackson, drawing on more than four decades of coaching and developing paddlers from first experiences of freestyle through to World Champions.

ANDREW 'JACKO' JACKSON PERFORMANCE COACH · FREESTYLE DEVELOPER

I've spent much of my coaching life trying to understand not simply what successful paddlers do, but why performance happens the way it does.

That means looking beneath tricks and outcomes into movement, decision-making, perception, learning and the individual paddler in front of me.

A Breakthrough Session concentrates that thinking around one problem.

WHY BREAKTHROUGH?

SOMETIMES YOU DON'T NEED MORE COACHING.

YOU NEED THE RIGHT INSIGHT.

A Breakthrough Session is deliberately small.

It's for the moments when you're capable of progressing but something isn't quite moving – when another training session, another attempt or another piece of advice probably isn't enough.

We stop, look properly, question what's happening and find a clearer direction.



FIND YOUR BREAKTHROUGH.

If there's something in your paddling that feels stuck, send me some footage and tell me what you're trying to change.

We'll use that as the starting point.



WHAT'S ON
burnersbasecamp.com/whats-on



QUESTIONS?
info@burnersbasecamp.com
Jacko +44 7775762552

